



Zingerman's Brownie Clone

READY IN



40 min.

SERVINGS



24

CALORIES



229 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 1.5 cups cake flour)
- ☐ 4 large eggs
- ☐ 0.5 teaspoon kosher salt
- ☐ 380 grams sugar
- ☐ 190 grams butter unsalted
- ☐ 6.5 oz chocolate unsweetened chopped
- ☐ 1.3 teaspoons vanilla
- ☐ 1 cup coarse walnuts toasted chopped

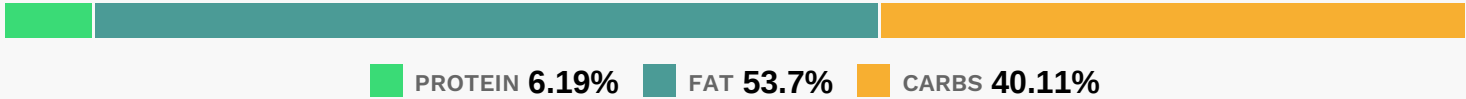
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325 degrees F. Line a 13×9 inch metal pan with foil. Grease the bottom only. In a heavy small saucepan, heat the butter over medium heat. When halfway melted, reduce heat to low and add chocolate; stir until melted and smooth. Set aside. Sift together flour, baking powder and salt onto a sheet of paper or into a bowl. Beat eggs and sugar with an electric mixer on high speed for 5 minutes or until light yellow and fluffy, scraping side of the bowl occasionally.
- ☐ Add warm chocolate mixture and vanilla to egg mixture. Beat on low speed until combined.
- ☐ Add flour mixture; beat on low speed or stir by hand until combined, scraping sides of bowl. Stir in nuts (if using)
- ☐ Spread batter in pan.
- ☐ Bake 30 minutes or until brownies appear set. Cool in pan on wire rack; cut into bars. To freeze, let cool completely, wrap tightly in foil without cutting. Freeze until needed.

Nutrition Facts



Properties

Glycemic Index:10.38, Glycemic Load:14.82, Inflammation Score:-3, Nutrition Score:5.5830435370621%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 4.94mg, Catechin: 4.94mg, Catechin: 4.94mg, Catechin: 4.94mg Epicatechin: 10.89mg, Epicatechin: 10.89mg, Epicatechin: 10.89mg, Epicatechin: 10.89mg

Nutrients (% of daily need)

Calories: 228.86kcal (11.44%), Fat: 14.59g (22.44%), Saturated Fat: 7.13g (44.56%), Carbohydrates: 24.52g (8.17%), Net Carbohydrates: 22.73g (8.27%), Sugar: 16.08g (17.87%), Cholesterol: 48.02mg (16.01%), Sodium: 76.68mg (3.33%), Alcohol: 0.07g (100%), Alcohol %: 0.17% (100%), Caffeine: 6.14mg (2.05%), Protein: 3.78g (7.57%), Manganese: 0.55mg (27.61%), Copper: 0.35mg (17.43%), Selenium: 6.7µg (9.56%), Iron: 1.72mg (9.54%), Magnesium: 35.98mg (9%), Phosphorus: 76.31mg (7.63%), Fiber: 1.79g (7.16%), Zinc: 1.07mg (7.15%), Vitamin A: 243.97IU (4.88%), Vitamin B2: 0.06mg (3.74%), Folate: 13.66µg (3.41%), Potassium: 107.1mg (3.06%), Calcium: 27.83mg (2.78%), Vitamin B1: 0.04mg (2.53%), Vitamin E: 0.37mg (2.45%), Vitamin B6: 0.05mg (2.28%), Vitamin B5: 0.21mg (2.11%), Vitamin D: 0.29µg (1.9%), Vitamin B12: 0.09µg (1.46%), Vitamin K: 1.48µg (1.41%), Vitamin B3: 0.25mg (1.24%)